

STOP THE SPREAD OF COVID-19

Quarantine is for people who have been within 6 feet of a person with COVID-19 for 15 minutes or more over a 24-hour period regardless of mask use.

QUARANTINE GUIDANCE

- Stay home (quarantine) for 5 days after your last contact with the person with COVID-19.
 - If you are up to date* on your COVID-19 vaccination, you can skip quarantine as long as you DO NOT have any symptoms.
- Wear a mask around others for 10 days.
- Get tested on day 5.
- Maintain distance from others in your home and wear a mask when you cannot.
- Watch for symptoms for 14 days after your last contact with the person with COVID-19.
- If you develop symptoms or test positive, immediately self-isolate and get tested.

*For fully vaccine requirements and eligibility visit tinyurl.com/hiisoq



Last Updated January 19, 2022

Isolation is for people who have tested positive for COVID-19 or who have COVID-19 symptoms, regardless of their vaccination status.

ISOLATION GUIDANCE

- Stay at home for 5 days (except to seek medical care)
 - Stay in a separate room.
 - Do NOT eat meals with other people.
 - Avoid physical contact with other people and pets.
 - Do NOT share unwashed personal items.
 - If you must be around others, wear a mask.
- Monitor your symptoms.
 - If you have trouble breathing, chest pain or other emergency symptoms call 911.
 - If you have no symptoms or you are feeling better after 5 days, you can leave your home as long as you are fever-free without the use of fever-reducing medication.
 - Continue to wear a mask around others for 5 additional days.